

FREQUENTLY ASKED QUESTIONS – WESTAMPTON RECREATION NFL FLAG FOOTBALL

How much does flag football cost?

Registration fee for flag football is \$115 per player. The cost for any additional family member who lives in the same household is \$105.

Are there any additional costs?

Parents are responsible for some equipment. Please see below for this information. Flag football players keep their reversible NFL jersey and flag belt at the end of the season.

How do I care for the NFL flag football jersey?

- Machine wash cold with like colors on gentle cycle
- Do not bleach, but use non-chlorinated detergent
- Do not tumble dry
- Do not iron or dry clean

How are players placed on teams?

We use a system that combines player information, such as age, experience, size, athletic ability (part of our registration process), and skill assessments judged by our referees and coaches to create as balanced and evenly matched teams as we can with the information generated. This process is not taken lightly, and we do our best to create a fair and level-playing field for all teams.

Can I request that my child is on a team with a friend?

We know kids love playing with their friends, but to keep teams balanced and the league fair for everyone, we do not accept friend requests. The great news is that every season, kids make new friends with their teammates in a fun, inclusive environment. Thank you for understanding!

Are siblings placed on the same team?

Yes, siblings registered in the same division will be placed on the same team unless requested by the parent to separate them. If you are coaching a team, your child will be on the team that you are coaching.

Does the Westampton Recreation NFL flag football league accept team registrations?

No, we use the procedure above to form teams. This ensures parity within the league and prevents stacked teams.

What if players are going to miss practice or a game?

If you are going to miss a practice or a game, please text/email your coach as soon as possible. This will allow coaches to prepare a proper practice/game plan.

When will practices be held?

Practices will be held 1 to 2 times per week before the start of the season. Practice days are scheduled by each coach's availability. Once games start, practices will be reduced roughly to 1 time per week. Each coach will have his/her own specific practice schedule.

Where are practices held?

Practices are held at local fields around the Westampton area.

When will games be played?

Games will be played almost every Sunday; start times are usually 12:00 pm, 1:00 pm, 2:00 pm, 3:00 pm, 4:00 pm, 5:00 pm or 6:00 pm. There could be an occasional start earlier or later depending on field availability. There could also be an occasional Wednesday or Friday night game at 6:00 pm, 7:00 pm, or 8:00 pm.

How long is the season?

The season is 8 games.

Practice usually starts around mid-April through mid-May.

Games start around the 3rd week in May and run through June 28th.

Playoffs are the week of June 29th, and finals will be played on Friday, July 3rd.

When will we receive the schedule?

You should receive the schedule around the 2nd week in May.

Where are games played?

Games will be played at the Westampton Sports Complex.

The address is 301 Bridge Street, Westampton, NJ 08060.

How long are the games?

Games are approximately 50 minutes long. We play two 25-minute halves with some clock stoppage and a 5-minute half time.

How many kids play at a time?

Our games are 5 vs 5. We will rotate players in and out throughout the game to make sure every player gets his/her fair share of playing time.

What if it's raining?**WESTAMPTON RECREATION NFL FLAG FOOTBALL WEATHER POLICY**

If the forecast is for rain throughout the day, we will send a message that games are canceled.

We will play in light-to-steady rain since the turf field has a good drainage system. Once the game starts, it will be up to the referee and head coaches to determine whether the game should be canceled.

If thunder and/or lightning occurs, the game must be stopped for 20 minutes. If there are no other strikes in a 20-minute period, the game may resume depending on the time of day.

If there is still any doubt, and no message was sent, GO TO THE FIELD. A rainout may have to be called at the last minute by league officials.

What types of awards are given?

Each player will receive an individual award/year-end gift.

All players will have a year-end pizza party after their last game.

All Pee Wee division players will receive a trophy with his or her name on it.

Minors, Juniors, and Majors players: Playoff winning teams and runners-up will receive a trophy.

All players who get eliminated in playoffs will receive a year-end gift.

What equipment is needed for practices/games?

Sneakers are fine to wear; turf shoes or cleats can also be worn (no metal cleats). A water bottle and mouth guard plus game jersey and flag belt are needed too. You can wear any pair of shorts/sweatpants you want, but NFL flag football prefers all shorts/sweatpants are solid dark colors and without pockets. It's very important that your shorts do not match the color of your NFL flag; yellow or light-colored shorts are not allowed.

Coaches will issue game jerseys as we get closer to the season. Each player will be responsible for his/her own jersey. Coaches will hand out flags before every game and collect them when the game is over. Players do NOT bring flags home with them. At the end of the season, players keep their jersey and flag belt.

Can I be refunded once the season begins?

Once the assessments have been conducted and your player is placed on a team, we are no longer able to refund registration fees as a majority of costs for the league have been accrued. We also do not refund fees if your player or family is removed for violation of player/ parent or coach conduct policy.